

Kay Phanor
Administrative Specialist
ARA Parking Management

Level:
GOLD

EARN 500 POINTS,
SAVE
AT LEAST
\$300

GET A **DISCOUNT**
ON YOUR 2014
MEDICAL PLAN
CONTRIBUTIONS.
BE ENTERED INTO
A **PRIZE** DRAWING.
IMPROVE YOUR
HEALTH!

MARCH 31, 2014
DEADLINE

HOW I **EARNED** MY POINTS

	Points	Max Points Earned	Completed	My Total Points
Biometrics & Health Assessment	250	250	<input checked="" type="checkbox"/>	250
Preventive Health Screening	125	250	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	250
Healthy Pregnancy Program	250	250	<input type="checkbox"/>	
Disease Management Program	250	250	<input type="checkbox"/>	
Cigna Health Coaching	100	300	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Smoking Cessation Program	100	200	<input type="checkbox"/> <input type="checkbox"/>	
Department-Specific Program	100	300	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	300
Physical Activity	75	300	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	150
Complementary/Alternative Medicine	75	150	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	
Wellness Presentations	50	200	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Family Wellness Day	50	50	<input type="checkbox"/>	
Charity Walk/Run	50	250	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Weight Management Program	50	250	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
GRAND TOTAL				950



DiscoverHealth
with the
Wellness Connection 

To learn more, visit our
website below or scan the QR
code with your smartphone.



Questions? Contact 832-393-6124, or
email wconnection@houston.tx.gov

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